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ABSTRACT

A project filmed three commercial baking videotapes for use by secondary and adult students in food service programs. The three topics were basic dinner rolls, bread making, and hard breads and rolls. Quick-rise dough recipes were developed, written down, and explained for use with the videotapes. A pretest, posttest, and student guide were developed and included with the videotape material. Problems were encountered due to taping by a television station, including three producer changes, cameramen inexperienced in taping such a program, lack of time/care taken by producers on the low-budget filming, and loss of the tape. The result was poor quality tapes. (Appendixes include these materials for each video: script, student handout, recipe, pretest, and posttest. These materials may be used with or without the tapes.) (YLB)

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FINAL REPORT

COMMERCIAL BAKING

PROJECT NO. 85-131/ 132-600-10(049-148)

Nancy Booth

Franklin Technical School

Joplin, Missouri

May 23, 1985

Missouri Department of Education

Research Coordinating Unit

Jefferson City, Missouri 65102

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ABSTRACT

The project was to film three commercial baking videotapes on basic dinner rolls, bread making, and hard breads and rolls using the "no-time" dough method. The three videotapes, with the use of the curriculum material, could be used on a free-loan basis for food service instructors throughout the state for motivational purposes.

Problems were encountered on this project. Having a television station tape the videos was a good idea in theory, but the problems encountered were:

(a) Producers changed three times during the year.

(b) The cameramen had never taped such a program.

(c) Because the filming was low-budget, time or care was not taken by producers to get it right.

(d) The producer quit, and the 3/4-inch tape was lost, so parts could not be redone.

The new station manager agreed the tapes were poor quality, and the station refunded the money we had paid.

I still feel this project was a worthwhile one. Probably if anyone wanted to attempt such a project, only one tape should be done at a time for such a small grant. That was my biggest mistake--trying to stretch the budget too thin. Through this grant, recipes were developed, written down, and explained. Pre-tests and post-tests were developed, and recipes with handouts were done that could be used with or without the tapes.

BODY

BODY

STATEMENT OF THE PROBLEM

I feel there is a need for easily accessible videotapes for the educator in the food area. With budget cuts, it is not feasible for local districts to buy videotapes which are very costly.

These videotapes would better serve needs of the educator for three reasons. Number one: They will be developed by an instructor who understands the needs of other instructors. Number two: A pre-test, post-test, and curriculum guide will be included (most videos do not include this). Number three: Most videos and filmstrips are not are not specific enough and do not include enough information or recipes.

These videos will be based on the quick-rise dough method which is needed for modern restaurants and bakeries. The videos I have seen use the long method.

OBJECTIVES

1. Three videotapes to be used by secondary and adult students were produced.
2. Quick-rise dough recipes were included with the videotapes.
3. A copy of pre-test, post-test, and student guide were included in videotape material.
4. Virgle Wright's experience was used.

OBJECTIVES, PROCEDURES, TIME SCHEDULE

1. To produce a series of three videotapes to be used by secondary and adult students.

2. To give copies of quick-rise dough recipes to be used with the videos.

3. To write a curriculum, including pre-test, post-test, and student guide.

4. To make use of a talented baker with 60 years' baking experience.

The following will be completed in the two-month time limit, depending on the television station's and Virgle Wright's schedules. I cannot be more specific than this.

I have included in Appendix B a copy of the outline of each video.

OBJECTIVE	ACTIVITY	WHO'S RESPONSIBLE	AMOUNT OF TIME SCHEDULE
OBJ #1	I. Contact television stations A. Get specifics of everything needed to do B. Set up time schedule for three videos	N. Booth	Two hours
OBJ #2	II. Recipes written, methods outline A. Drawings of various types B. Methods C. Quantities for various products D. Photocopy and type recipes (Right now, only recipe is written) Not specifics	V. Wright N. Booth	Two hours Four hours
OBJ #3	III. Write curriculum for 3 A. Pre-test B. Post-test C. Curriculum guide	N. Booth	Ten hours
OBJ #4 #1	IV. Write script for videos A. Make labels for identification B. Make cue cards C. Make signs for title card, ending, et cetera	N. Booth V. Wright	Eight hours
	V. Taping preparation and cleanup A. Make product in advance B. Prepare dough at each stage so it will be quicker at taping time C. Set up equipment	N. Booth V. Wright	Five hours Five hours Five hours Fifteen hours
	VI. Taping and editing Two cameramen One director	Television camera crew V. Wright N. Booth	Each video - Three hours Three hours Three hours Nine hours
	VII. Review and evaluate tape	N. Booth V. Wright Television camera crew	One hour
	VIII. Getting it all together, final typing, et cetera A. Tapes B. Curriculum guide C. Recipes	N. Booth	Two hours

TIMING	SCRIPT: VIDEO 1 - BASIC BREAD MAKING	EQUIPMENT LOCATION	WHO'S RESPONSIBLE
30 seconds	Picture of FTS Building following on screen: (Music)? Franklin Technical School, Joplin, Missouri BAKING THE "WRIGHT WAY" SERIES VIDEO #1 Basic yeast bread: Quick-Rise Dough	Outside	KODE 12
	Introduction:		
	Nancy: Commercial baking is becoming a dying art. Quality baked goods can be a great asset to any food operation. Basic baking techniques will ensure a quality product every time. Today, you will learn the right to bake basic bread using the Quick-Rise Dough. We are fortunate to have Virgle Wright--probably one of the most experienced bakers around. He will show you the "Wright" way to make super bread.	Cabinet by blackboard	Virgle
	Just to give you a little tip on how lucky we are to have Virgle, Virgle's been rolling dough since he was nine years old in his father's bakery. Not only was his father a baker, but his grandfather was a Swiss baker from Switzerland--all three representing 165 years of baking.	Baker's scale, doughcutter, pastry wheel, pastry brush, two-quart liquid measure, spatula rolling pin	
	Assembling techniques you will learn for baking bread the easy way are measuring equipment, accurate measuring, mixing ingredients, scaling the dough, proofing, forming loaves, baking, and storing.	On screen	
	Before we get started, Virgle, how has bread baking changed over the last 100 years?		
	Virgle: It took much longer to bake bread. Then, it took, from start to finish, about 12 hours. Now, with this "no-time" dough, 1½-2 hours is about all you need. First, they mixed the sponge dough and let it set 6-7 hours in the evening. Then, at 2:00 in the morning, they started firing the wood oven. Add more yeast, by hand, in dough trough, using hands and muscles. Go from one end of the trough to the other (before electric mixers). Took them 50 years to put trough on legs, bent over all those years. Then, they had to let rise 2½ hours until dawn and fold over 1 hour more, make into loaves. Bread was 5¢ a loaf.		
	Equipment: To make "no-time" dough correctly, you need to assemble your equipment.		

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TIMING	VIDEO 1 -2 BASIC BREAD MAKING	EQUIPMENT LOCATION	WHO'S RESPONSIBLE
1½ minutes	Pastry brush - one that's sturdy and doesn't lose bristle Dough cutter - with wooden handle 2-quart liquid measure Spatula Greased 1-pound or 14-ounce pans Of course, you need a baker's scale to measure accurately. It is good to have a proof box and a temperature-regulated baking oven.		
2 minutes	After you have your equipment assembled and ready, the next step is to weigh and measure accurately. For basic white bread, you'll need: 2 quarts warm water 3 ounces dry yeast explain egg wash 8 ounces shortening oil 2 ounces sugar 8 ounces powdered milk 7 pounds bread flour - show how to use baker's scale. Put weight on. When filled enough to balance, then correct amount. Be sure that each is measured accurately with proper weight-balancing baker's scale.		Label On Screen
STOP CAMERA			
3 minutes	MIXING THE DOUGH Mixing the dough Explain each ingredient and importance Explain gluten, how to mix, best way to get out of bowl, amount of time to mix	Move ingredients. Change areas to mixer spatula.	Virgle
STOP CAMERA			
3 minutes	SCALING DOUGH Rounding into muckets Explain fermentation - what it means, young side, and if let it raise and expand until pops, never raise again, few minutes until loosens.	Baker's scale Doughcutter	Virgle
STOP CAMERA			

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TIMING	VIDEO 1 -3 BASIC BREAD MAKING	EQUIPMENT LOCATION	WHO'S RESPONSIBLE
10 minutes	FORMING LOAVES Demonstrate Loaf - two ways Round Three-way braid Four-way braid Cinnamon-raisin bread Split-top	oil seeds egg wash	
Move one camera to proof oven	PROOFING Now, you let the loaves proof or raise in a proof box such as this for 30-45 minutes. Usually, the bread should extend 1½ inch above pan before baking. Humidity and heat let it raise faster. If you don't have a proof box, put in warm spot, but be sure tops are oiled.		Nancy
1½ minutes	BAKING The bread should be baked at 425° in a conventional oven for 25-30 minutes. Then, take out and cool on screen before storing at least two hours. Loaves should come out like this - beautiful uniform loaves!		Nancy
4 minutes	Once you've mastered basic bread baking, there are hundreds of ways you can vary the same recipe.		
	Tomato bread Corn meal bread Whole wheat Cinnamon raisin Virgle explain how each is made	Cross section of each displayed	
	Thank you, Virgle, for sharing your know-how on bread baking. Focus on bread.		Nancy
	(30 seconds with loaves of bread on screen)		
Music	This project funded by Missouri Department of Elementary and Secondary Education		
	Planned and coordinated by Nancy Booth, Food Service Instructor, Joplin R-VIII School District, Joplin, Missouri 64801 Featuring: Virgle Wright, Professional Baker		
	Special thanks to KODE 12 Productions. Without their assistance, this video would not be possible.		

STUDENT HANDOUT

YEAST-RAISED BREAD PRODUCTS

"NO-TIME DOUGHS"

DEFINITIONS

1. Mucket: Dough after it has been rounded and allowed to rest.
2. Fermentation: Yeast cells giving off carbon dioxide which causes dough to rise.
3. Bench: Forming dough into rolls or loaves.
4. Baker's scale: A scale that balances weights with ingredients for an accurate measuring of ingredients and dough.
5. Gluten: Holds structure of bread as yeast forms carbon dioxide. High quantities found in bread flour.
6. Bread flour: Hard-wheat flour with high gluten content.
7. Scaling dough: Each piece of dough weighed to a specific amount so all rolls and loaves are the same size.
8. "No-Time Doughs": Method of mixing doughs in which a high yeast content eliminates extra proofing and punching down (a much faster method).
9. Proofing: Process after dough has been scaled and formed in which dough is placed in a warm, humid place to ferment.
10. Proof box: A box with a heat source and humidity to speed proofing time.
11. Rounding up bread: Use the palm of the hand to tighten dough into balls when making rolls and loaves.
12. Docking: Holes are placed in bread dough to keep bubbles from forming during baking time.

Video I Basic White Bread

Equipment: Mixer, proof box, oven, dough cutter, pastry brush, rolling pin, baker's scales, bread pans, round pie pans.

Ingredients:
2 quarts water
8 ounces yeast compressed or 3 ounces dry yeast
8 ounces sugar
8 ounces powdered milk
7 pounds bread flour
8 ounces shortening
2 ounces salt

Mixing: Place warm water 85°F for compressed, 105°F for dry yeast. Add yeast, shortening, and sugar. Let rest a few minutes. Then, add the rest of the dry ingredients and knead with dough hook for 10 minutes. It is recommended to use bread flour because of the gluten. Bread flour has more gluten and holds the structure of the bread much better than all-purpose flour. If all-purpose flour is used, it will take a little more than 7 pounds. The dough should come away from the side of the bowl when kneaded enough. (When the kitchen is very hot, as in the summer, cooler water may need to be used to keep dough from rising too fast while making it into loaves.)

Forming into loaves: Weigh into 1-pound, 4-ounce sections, cutting with dough cutter. Round into muckets. Let rest 10 to 15 minutes, cover with plastic wrap. Punch down and make into loaves using one of the two methods that were demonstrated. Proof in proof box until loaves are one inch from the center of the loaf. Bake in hot oven (for 25-30 minutes in a conventional oven at 425°F) or (20 minutes in a conventional oven at 400°F). Remove promptly from pans (be sure pans have been greased with shortening) onto wire racks to keep the loaves from sweating. Loves should cool completely before wrapping.

The following are variations of the above:

Tomato Bread:

2 quarts of tomato juice should be substituted for the water.
1 ounce of sugar should be used instead of 2 ounces because tomato juice has sugar.

Yeast-Raised Cornbread:

Add 6 ounces corn meal
2 eggs
Yellow food coloring (as desired)

When bread is molded, brush with egg wash and roll in corn meal

Whole-Wheat Bread:

Substitute 2¾ pounds whole wheat in place of bread flour
2 capfuls caramel food coloring added

Raisin Bread:

2 ounces cinnamon
1 pound raisins added to mix

When bread is done, frost with white icing

PRE-TEST BREAD MAKING

1. Arrange in order the following steps in bread making: Number 1-7

_____ a. Mixing the dough

_____ b. Baking the loaves

_____ c. Scaling the dough

_____ d. Measuring accurately

_____ e. Gathering equipment

_____ f. Forming the loaves

_____ g. Proofing the loaves

Multiple Choice:

_____ 2. When dough is overproofed:
a. the dough is tough
b. dough falls
c. bread is more tender
d. all the above

_____ 3. Yeast needs the following to grow:
a. moisture and heat
b. salt and heat
c. heat and flour
d. sugar and heat

_____ 4. To keep top soft so dough will rise, this ingredient should be used:
a. oil
b. egg wash
c. cinnamon
d. butter

_____ 5. Dough that does not have to be proofed for a long period of time is called:
a. fast dough
b. no-time dough
c. no-proof dough
d. proofless dough

_____ 6. A mucket is:
a. round of dough
b. scaled dough
c. weighed dough
d. loaf of bread

_____ 7. Type of bread formed and docked:
a. round loaf
b. cinnamon loaf
c. tomato loaf
d. whole-wheat loaf

_____ 8. The length of time bread needs to rest before making into loaves:
a. 10-15 minutes
b. 12-20 minutes
c. 5-10 minutes
d. 30-40 minutes

_____ 9. Equipment needed to prepare breads:
a. dough cutter
b. paddle on mixer
c. metal spatula
d. all the above

_____ 10. Another word for dough rising:
a. fermenting
b. gases forming
c. proofing
d. all the above

Answers: 1. a. (3) b. (7) c. (4) d. (2) e. (1) f. (5) g. (6)
2. (b) 3. (a) 4. (a) 5. (b) 6. (a) 7. (a) 8. (a) 9. (a) 10. (d)

POST-TEST BREAD MAKING

Short answer:

1. What is the difference between "no-time dough" and old-fashioned bread recipes?

2. What is proofing? What causes dough to ferment? What happens when dough is overproofed?

   A.

   B.

   C.

3. What are the seven basic steps in bread making?

   A.
   B.
   C.
   D.
   E.
   F.
   G.

4. List four pieces of equipment essential for bread making.

   A.
   B.
   C.
   D.

5. List three variations of the basic white dough.

   A.
   B.
   C.

6. In baking bread, what temperature should be used, how long, and how should bread be removed from pan?

7. After bread is brought to the bench, explain procedure through proofing the dough.

TIMING	SCRIPT: VIDEO 2 - BASIC DINNER ROLLS: QUICK-RISE DOUGH	EQUIPMENT LOCATION	WHO'S RESPONSIBLE
30 seconds	Picture of FTS Building - following on screen (Music)? Franklin Technical School, Joplin, Missouri BAKING THE "WRIGHT" WAY SERIES VIDEO #2 Yeast-Raised Dinner Rolls, Quick-Rise Method		
	Introduction: Many commercial establishments make their own dinner rolls or have a basic dough they use to form a variety of rolls. To keep customers coming back, it's very important to make quality dinner rolls the right way. To show you his way or the "Wright Way" is Virgle Wright, Professional Baker.	Cabinet by blackboard set up already. Baker's scale, doughcutter, pastry wheel, pastry brush, 2 qt. liquid measure, spatula, rolling pins	Nancy
2½ minutes	Virgle started with his father's bakery in 1919 at 18 years of age. In 1977, it was the oldest retail bakery in Oklahoma. That was the Wright and Son Bakery, even though he had four brothers that were bakers in other bakeries. Tell us a little about that first bakery, Virgle. How has the procedure of making and the equipment changed for dinner rolls?		
	Virgle: All dinner-roll dough was mixed by hand. Back then, it took a crew of 40 people to do what one man can do with machines today. The ovens were made with a brick hearth built on the outside attached to the building. It would take two hours to fire one up with wood. The products that took highest temperatures were baked first and lower temperatures baked last. Ingredients were a little different - lard instead of shortening, et cetera. Now, bakeries have equipment that will do anything. In modern wholesale bakeries, dinner rolls are made completely by machine.		Virgle
	Nancy: Have the dinner-roll shapes changed since your grandfather started baking in the 1800s?		Nancy
	Virgle: Most bakery items originated from France and Germany and have not changed since that time. We used to make a malted-milk biscuit and a yeast-raised butter biscuit that are no longer made. Other than that, the shapes are basically the same. No-time doughs allow the baker to spend a lot less time in making the same product.		Virgle

TIMING	VIDEO 2 -	2 - BASIC DINNER ROLLS: QUICK-RISE DOUGH	EQUIPMENT LOCATION	WHO'S RESPONSIBLE

Today, you will learn how to make:
1. split-top, 2. cloverleaf, 3. butter flake muffin tins and, also,
1. napkin, 2. crescent-shaped, 3. parkerhouse, 4. tea roll, 5. finger-type roll, 6. knot, 7. double-knot

EQUIPMENT:

2 minutes — No baker or cook can bake without the correct equipment no matter how talented he or she might be. A few simple pieces of equipment will ensure a quality dinner roll every time. You'll need:

Doughcutter	Spatula	Blackboard area
Pastry wheel	Rolling pins - various sizes	
Pastry brush	Baker's scale - explain use	
2-quart liquid measure	Greased muffin tins	
Sheet pans	Parchment liners	
Proof box	Good baking oven	
Electric mixer	Dough hook	

INGREDIENTS:

2 minutes — Now that you have all your equipment ready, you need to measure your:

2 quarts warm water	oil	Flour	Nancy
3 ounces yeast	egg wash	Salt	
2 ounces salt	seeds	Sugar	
8 ounces powdered milk	butter or shortening	Yeast	
12 ounces shortening		Shortening	KODE-12
1 pound granulated sugar		Water	Label
7 pounds bread flour		Powdered Milk	Each

Now, Virgle will show you the third step - mixing the dough.

STOP CAMERA

MIXING (AREA) THE DOUGH

3 minutes — Put it in order - explain why. Use each one. Develop, timing, setting out of bowl. When camera turned to drawing on board already up about fermentation. Mixing area by mixer. Move everything.

young old

Rolls should be made up on young side of dough — Virgle

Blackboard area

Rolls can be made immediately after taken off mixer - do not need to raise and punch down with no-time doughs. Use much more yeast than the other mixing methods. Therefore, raises faster.

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TIMING	VIDEO 2 -	3 - BASIC DINNER ROLLS: QUICK-RISE DOUGH	EQUIPMENT LOCATION	WHO'S RESPONSIBLE
10-12 minutes	FORMING ROLLS (Explain origin of each)			Virgle

Pan Rolls:
- Napkin Rolls
- Crescent-Shaped Dough
- Parkerhouse Rolls
- Tea Rolls
- Finger-Type Rolls
- Knots
- Double-Knots

Muffin Tin Rolls:
- Cloverleaf
- Split-Top
- Butter flake

STOP CAMERA

PROOFING: — Proof box

Proof 30-45 minutes. In winter, heat bottom of pan just a few minutes - will help raise faster.

BAKING:

On oven demonstrate - 425°, 10-12 minutes, in conventional oven; and 375°, 7-8 minutes in convectional oven.
Be sure to flip rolls out or steam will affect flavor.

STORING:

Must be completely cool before wrapping. Can be refrigerated or frozen.
Take out as needed. Wrap in plastic wrappers.

There you have it - the perfect dinner roll.
The varieties you've learned are:
(Show displayed in basket or doilies)
Labeled or talk about them possibly

Crescent-shaped
Parkerhouse roll
Tea roll
Finger-type roll
Knots
Double-knots
Cloverleaf
Split-top
Butter flake

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TIMING	VIDEO 2 -	4 - BASIC DINNER ROLLS: QUICK-RISE DOUGH	EQUIPMENT LOCATION	WHO'S RESPONSIBLE

Virgle, thanks so much for sharing your no-time dinner roll tips and recipes with us. We have enjoyed the Virgle "Wright" way to a better dinner roll.

(While camera is focusing on dinner rolls, credit on screen)

Credits - Music? KODE 12

Project funded by Missouri Department of Elementary and Secondary Education

Planned and coordinated by:

Nancy Booth - Food Service Instructor
Joplin R-VIII School District

Featuring: Virgle Wright, Professional Baker

Special thanks to KODE 12 Productions. Without their assistance, this video would not be possible.

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DINNER ROLLS

8 ounces compressed yeast or 3 ounces dry
2 quarts warm water
85° compressed, 110° dry
1 pound granulated sugar
2 ounces salt
8 ounces powdered milk
12 ounces shortening
7 pounds bread flour

Dissolve yeast in water, mix two to three minutes. Add shortening, sugar, salt, powdered milk, and bread flour. Develop on mixer with a dough hook for 10 minutes. Dough should leave the sides of the bowl. Scale into 1 pound pieces, let rest 15 minutes, divide into 12 pieces. First in half, then ⅓ths, then each into 3. This should make a 1⅓ ounce roll. Proof until at least 1/3 more size.

Bake in 425° oven for 7-8 minutes or 375-400° oven for 5-7 minutes if convectional oven is used.

Equipment: dough cutter, 2-quart liquid measure, spatula, pastry wheel, pastry brush, sheet pans, rolling pin, baker's scale, greased muffin tins, parchment paper.

Caution: If room is extremely hot or the person working with dough is slow, the water temperature should be lowered by five degrees. All temperatures should be measured with a Farenheit thermometer.

Never: Add salt to yeast while it is dissolving. It could kill the yeast. Always measure salt accurately. This could be the main reason for dough not to rise.

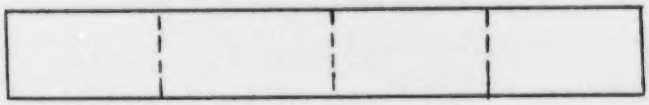
DINNER ROLL PREPARATION

1. Scale dough - weigh dough into 1 pound pieces, let rest 15 minutes, and roll into a long cylinder. Divide equally into 12 equal pieces. Or, if larger quantities are required, weigh into 3-pound sections, let rest, and make into long cylinder.

a.

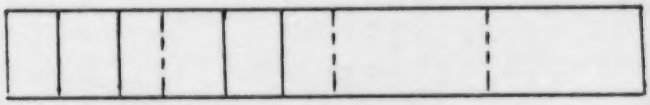
With dough cutter, divide dough in half

b.



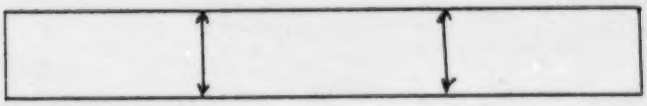
Then, divide into one-fourth

c.



Divide each of one-fourths into three equal sections

d.



If 3 pounds of dough are used, then divide into 36 equal portions (see example d). Proceed with each of the thirds the same as you would the one pound.

Tip: Masking tape 36 inches apart so it is easier to place cylinder length.

2. Forming the rolls - Take each of the portioned rolls and roll up with palm of hand in a circular motion to form a tightened ball.

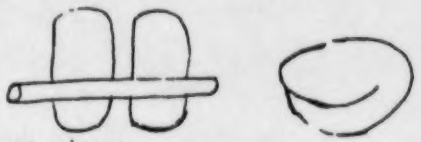
3. The above method should be used for split-top, cloverleaf, napkin, crescent-shaped, parkerhouse, knot, and double-knot.

DINNER ROLL SPECIFIC PROCEDURE

Using scaled rolls that have been rolled up, the following types of rolls can be made:

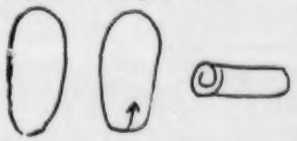
A. Pan Roll - Simply pan in round greased pie pan or roasting pan with sides touching. Oil, then put into proof box for 20-30 minutes or until, when touched, the indentation remains. Bake as directed.

B. Parkerhouse Roll - Using a small rolling pin (about 1 inch in diameter), take two of the rolls and roll flat onto oiled board. Flip over and fold in half. Leave about 2 inches apart.



Proof and bake same as above.

C. Napkin Roll - Roll out as for parkerhouse, only make a point at the bottom. Then, roll up into cylinder.



D. Crescent-Shaped Roll - Prepare the same as napkin roll, only curve into a crescent.

E. Single-Knot - Roll each ball into a cylinder and roll with a twisting motion with the palms of both hands in opposite directions. Then, tie in a knot.

F. Double-Knot - Same as single-knot, but tie a knot on end. Then, tie another knot. Pan in sheet pan about 2 inches apart.

G. Cloverleaf - Roll out portioned ball into 4-inch roll. With the sides of the palm of the hand, roll dough until it cuts into three equal sections or use dough cutter. Pan into greased muffin tins.

Oil and Proof

DINNER ROLL SPECIFIC PROCEDURE (continued)

H. Split-Top - Pan portioned balls into greased muffin tin. Use a knife or razor blade to cut crossways on top.

I. Butter Flake - Most difficult to make of the muffin-type rolls. Using the 1 pound of dough, do not portion into individual rolls, but, instead, roll into a rectangle about 6 inches by 12 inches. Cover with pastry shortening. Cut into two-inch strips and layer each lengthwise. Then, cut into 12 equal sections. Pan with cut edge up in a greased muffin tin. Oil tops, proof, and bake.

J. Tea Rolls - Smaller versions of the above can be made for parties and teas. Use the above directions, using only half of the portioned balls.

PRE-TEST YEAST ROLLS

True and False

_____ 1. An ingredient that can kill yeast is salt.

_____ 2. A butter flake roll is baked on a sheet pan.

_____ 3. Powdered milk is used in most commercial kitchens for roll making.

_____ 4. The correct temperature to dissolve yeast is 80°F.

_____ 5. A dough cutter is a valuable piece of equipment in making various types of rolls.

_____ 6. Dough should be developed on the mixer with a dough hook for 10 minutes.

_____ 7. A proof box is used to store breads.

_____ 8. Rolls should be baked at 325°F in a conventional oven.

_____ 9. No-Time Dough only has to proof one time.

_____ 10. Bread flour should always be used in roll preparation for a quality product.

Answers:

1. True 2. False 3. True 4. False 5. True 6. True 7. False
8. False 9. True 10. True

POST-TEST YEAST-RAISED ROLLS

1. Know Your Equipment: Put an X beside the equipment needed to make dinner rolls.

   _____ Dough hook
   _____ Paddle
   _____ Pastry wheel
   _____ Rolling pin
   _____ Pastry brush
   _____ Razor blade
   _____ 1-quart liquid measure
   _____ Metal spatula
   _____ Parchment liners

Know Your Ingredients: Fill in the Blank

2. Egg wash is prepared by mixing half the amount of _____ and _____.
3. The _____ and _____ are mixed first in making yeast rolls.
4. Too much _____ will kill yeast cells.
5. Bread flour should always be used because it has a high _____ content that will hold the structure of bread to hold in the carbon dioxide.
6. _____ _____ is more economical and does not have the enzymes of fresh milk.
7. To keep the tops of rolls soft while proofing, _____ should be brushed on top.

Mixing, Shaping, and Proofing: Short Answer

8. List three shapes of dinner rolls that can be panned on sheet pans.

   a. _____
   b. _____
   c. _____

9. List two types of dinner rolls that can be panned in muffin tins.

   a. _____
   b. _____

10. Draw a diagram of the correct procedure of dividing rolls into individual rolls, using one pound of scaled dough.

11. What is proofing? What piece of equipment is used to proof dough? How long should dough be proofed?

Baking and Storage Know How: Matching (When there is more than one blank, two answers are required.)

_____	12. Parkerhouse	a.	425°F
_____	13. Tea Rolls	b.	375°F
_____	14. Muffin-tin rolls should be taken from pan	c.	Flip rolls out immediately
_____	15. Butter flake	d.	Let rolls cool before flipping out
_____		e.	10-12 minutes
_____	16. Bake rolls in convectional oven	f.	7-8 minutes
_____	17. Bake rolls in conventional oven	g.	When baked, form a pocket
_____		h.	Small rolls
_____	18. Rolls before storing	i.	Cool completely
		j.	Form a fan after baking

POST-TE[illegible] YEAST-RAISED ROLLS
Teacher's Guide

1. Know Your Equipment: Put an X beside the equipment needed to make dinner rolls.

   X Dough hook
   ___ Paddle
   X Pastry wheel
   X Rolling pin
   X Pastry brush
   X Razor blade
   ___ 1-quart liquid measure
   ___ Metal spatula
   X Parchment liners

Know Your Ingredients: Fill in the Blank

2. Egg wash is prepared by mixing half the amount of EGG and WATER.
3. The WATER and YEAST are mixed first in making yeast rolls.
4. Too much SALT will kill yeast cells.
5. Bread flour should always be used because it has a high GLUTEN content that will hold the structure of bread to hold in the carbon dioxide.
6. POWDERED MILK is more economical and does not have the enzymes of fresh milk.
7. To keep the tops of rolls soft while proofing, OIL should be brushed on top.

Mixing, Shaping, and Proofing: Short Answer

8. List three shapes of dinner rolls that can be panned on sheet pans.

   a. PARKERHOUSE
   b. SINGLE-KNOT
   c. DOUBLE-KNOT
   or d. TEA ROLLS
   e. PAN ROLLS
   f. NAPKIN
   g. CRESCENT-SHAPED

9. List two types of dinner rolls that can be panned in muffin tins.

   a. CLOVERLEAF
   b. SPLIT-TOP
   or c. BUTTER FLAKE

10. Draw a diagram of the correct procedure of dividing rolls into individual rolls, using one pound of scaled dough.

POST-TEST YEAST-RAISED ROLLS (continued)

11. What is proofing? What piece of equipment is used to proof dough? How long should dough be proofed?

    a. When the dough raises or ferments, gas forms from water and yeast, called carbon dioxide which stretches the dough.

    b. Proof box.

    c. Dough should be proofed 1/3 larger than its existing size or until indentation does not come back out when touched.

Baking and Storage Know How: Matching (When there is more than one blank, two answers are required.)

G	12. Parkerhouse	a. 425°F
H	13. Tea Rolls	b. 375°F
D	14. Muffin-tin rolls should be taken from pan	c. Flip rolls out immediately
J	15. Butter flake	d. Let rolls cool before flipping out
B		e. 10-12 minutes
F	16. Bake rolls in convectional oven	f. 7-8 minutes
A	17. Bake rolls in conventional oven	g. When baked, form a pocket
E		h. Small rolls
I	18. Rolls before storing	i. Cool completely
		j. Form a fan after baking

TIMING	SCRIPT: VIDEO 3 - HARD ROLLS AND BREAD	EQUIPMENT LOCATION	WHO'S RESPONSIBLE
30 seconds	Picture of FTS Building following on screen: (Music)? Franklin Technical School, Joplin, Missouri BAKING THE "WRIGHT" WAY SERIES VIDEO 3 Yeast-Raised Hard Bread and Rolls		
STOP			
2½ minutes	Introduction: We are so lucky today to have the opportunity to learn how to make hard dinner rolls and bread that are fast and attractive and could be used for most types of commercial establishments. You will be learning recipes, shaping, and proofing various types of breads and rolls. Virgle Wright will be showing us the "Wright" way to a more beautiful hard roll and bread. Virgle has quite a background in the baking industry. His father and grandfather were both bakers. Also, his four brothers were bakers and his six sisters worked in a bakery. Virgle, how have bakeries changed over the years?	Blackboard area Equipment Toothpicks Razor blade Rolling pin Brushes Good knife Doughcutter	Nancy
	Virgle: My grandfather opened a bakery in 1900, and it cost $500. Today, it would cost $30,000. In those days, every town of 500 people would have a bakery. You could not buy bread at a grocery store. There were no preservatives, so all the baking goods would have to be baked daily. Bakers would start at 2:00 in the morning so their wares would be ready on time. Bread was 5¢ a loaf and was wrapped with paper and tied. Hard bread or French bread like we'll make today was put on peels and put, 400 loaves at a time, in wood ovens. Then, it was stacked on ends. Types of hard - French bread made today is very similar to the breads made then, except for the time spent in making them. The types of bread you will earn to make today are: 1. French Loaf 2. Italian Loaf 3. Boat Bread 4. Cuban Water Bread 5. Jewish Twist		

TIMING	VIDEO 3 -	2 - HARD ROLLS AND BREAD	EQUIPMENT LOCATION	WHO'S RESPONSIBLE
	The hard rolls you will learn to make are the: 1. French 2. Jewish split-top (2 types) 3. The twists 4. Round with seeds			
2 minutes	Now, to get started, you need to get all your equipment together that you will be using. You'll need: 1. Pastry wheel, 2. Doughcutter, 3. 2-quart measure, 4. Rolling pin, 5. Razor blade, 6. Sharp knife, 7. Toothpicks, 8. Sheet pans, paper liners, 9. Brushes, 10. Baker's scale Explain as go.			Nancy
	Second step in making hard rolls is to measure ingredients accurately. The ingredients for hard dough are less than regular--gives a tougher shell and baked longer.			
2 minutes	Need: 2 quarts water 3 ounces yeast 2 ounces salt 2 ounces sugar 2 ounces shortening 2 ounces powdered milk 7 pounds bread flour - demonstrate method of using scale	need egg wash - oil seeds - poppy and sesame seed Now, Virgle will show you how to mix.		
STOP CAMERA				
	MIXING			
2 minutes	Ingredients mix, timing, how to get out of bowl, et cetera.		Mixer Area	Virgle
STOP CAMERA				
	Scale dough for loaves that will make hard rolls. While loosening, demonstrate.		Blackboard Area	

TIMING	VIDEO 3 -	3 - HARD ROLLS AND BREAD	EQUIPMENT LOCATION	WHO'S RESPONSIBLE
5-6 minutes	Can make any of the other dinner rolls into hard rolls. These shapes are usually made up in hard-roll dough. Demonstrate: Rolls French Jewish Split-Top - 2 types Twist Round with seeds			
6-7 minutes	Loaves: 1. Italian Loaf 2. French Loaf 3. Boat Bread 4. Cuban Water Bread 5. Jewish Twist		Blackboard Area	
STOP CAMERA				
2 minutes	<u>Proofing, Proof Box, Baking, and Baking Temperature</u> Take out of oven - show finished product - show what each looks like. Repeat names - finished loaves displayed, storage.		Proof box and Oven Area	
5 minutes	Out of hard dough can make sculptured forms for banquets, table decorations. Your imagination is the only limit. Turtle and Christmas Tree. Explain how they are made.			
	Conclusion: Thanks, Virgie, for sharing your knowledge of baking hard rolls and breads the "Wright" way.			Nancy
30 seconds	Credits with camera on bread and rolls. This project funded by Missouri Department of Elementary and Secondary Education Planned and coordinated by Nancy Booth, Food Service Instructor Joplin R-VIII School District, Joplin, Missouri 64801 Featuring Virgie Wright, Professional Baker Special thanks to KODE-12 Productions. Without their assistance, this video would not be possible. (Music)?			

RECIPES: HARD ROLLS AND BREADS

"NO-TIME DOUGHS"

Equipment needed: Doughcutter, rolling pin, pastry brush, razor blade, rubber spatula, loaf pans, sheet pans, dough hook.

Ingredients: Flour, sugar, salt, powdered milk, warm water, shortening, yeast, extra ingredients, corn meal, poppy seeds, sesame seeds, oil, egg wash (1/2 water and 1/2 egg mixed together)

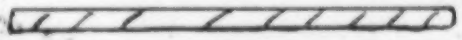
2 quarts water 85°F for compressed yeast and 110°F for dry yeast
3 ounces dry yeast or 8 ounces compressed yeast
2 ounces salt
2 ounces shortening
2 ounces sugar
2 ounces powdered milk
7 pounds bread flour

Mixing: Place warm water, yeast, shortening, and sugar in mixing bowl. Let rest a few minutes, then add the rest of the dry ingredients. Let knead with dough hook for 10 minutes. It is recommended to use bread flour because of the high gluten content. If all-purpose flour is used, it will take a little more than 7 pounds. The dough should come away from the sides of the bowl when kneaded enough. (When the kitchen is very hot, as in the summer, cooler water may have to be used to keep dough from rising too fast while making it into loaves or rolls.)

Forming into loaves: Weigh into 1 pound or 1 pound, 4 ounce loaves. Round into muckets. Let rest 10-15 minutes. Cover with plastic wrap. Punch down and make into loaves, using one of the two methods demonstrated on tapes. Proof in proof box until loaves are 1/3 enlarged in size.

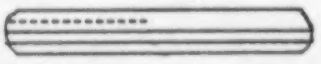
The specific preparations of hard loaves are as follows:

Yard-long bread:



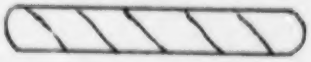
Form as you would a regular loaf of bread, but measure into a 36-inch cylinder. Be sure to put seam side down and mash the ends so they will not turn. Pan onto a parchment-lined sheet pan with corn meal on it. Lightly cut the top in a diagonal as pictured.

Boat Bread:



Cut a four-ounce piece of dough from mucket, then form into a strip long enough to go across the top and tuck under each side. Use a razor blade or sharp knife and slit top half to center, then bottom half to opposite edge.

French Bread:



Form into an oblong loaf, slit from side to side in five sections, as shown.

Italian Bread:

Make up into an oblong loaf, make point on the end. Cut an off-center slit. Usually, Italian bread does not have seeds.

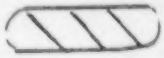
Jewish Twist Bread:

Cut mucket into four sections. Make each up as you would individual loaves. Braid into a twist. Mash ends to keep from turning in baking. Can be egg washed and seeds put on.

These are all called old-world bread and have a hard crust when baked. Egg wash will add color and hold the seeds in place.

Types of rolls that can be made from hard rolls are:

French Roll:



Rounded rolls are pressed into palms of hands and rolled into an oblong shape and slit with a sharp knife or razor blade.

Twist Roll:

Rounded rolls are rolled into a long strip, palms of hands twist ends into opposite directions. When held up by ends, the roll will automatically twist.

Three-Way Braid:

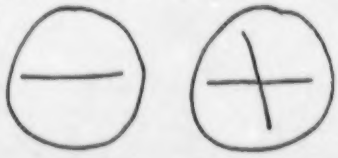
Dough is divided into three strips and braided.

Knots:

A round of scaled dough is made into a six-inch strip and twisted lightly with palms of hand and tied into a knot or can be tied into two knots.

Jewish Split-Top Rolls:

Take rounded-scaled dough and pan. The tops can be slit with razor blade or knife either one time or twice. Egg wash and seeds can be used on top.



PRE-TEST HARD ROLLS AND BREADS

Fill in the Blanks

1. Another name for hard breads and rolls is _____ _____ _____.
2. Ovens in the early 1900s were made of _____.
3. A _____ oven holds baked products for 10 days fresh.
4. Hard breads and rolls take _____ of all the ingredients of regular breads and rolls.
5. _____ _____ bread is very popular in New Orleans.
6. _____ bread has pointed ends.
7. _____ is left out of dough when preparing novelty decoration breads such as table decorations and wreaths.
8. Jewish split-top rolls can be split _____ or _____ times.
9. Jewish twist bread uses _____ strips to braid together.
10. Egg wash adds _____ and holds _____ in place.
11. Rolls are made on the _____ side of fermentation, and bread is made up on the _____ side of fermentation.
12. Two types of hard rolls are _____ and _____.
13. Type of hard bread with an extra strip across the top is called _____ bread.
14. When the kitchen is very hot, _____ water should be used in preparing doughs.
15. _____ ounces of salt, shortening, sugar, and powdered milk are used in hard bread dough.
16. In forming loaves, it's very important that all gases are removed to prevent _____ _____ in baked bread.

Answers: 1. Old World Bread 2. bricks 3. retarder 4. less 5. Yard Long 6. Italian 7. Yeast 8. one or two 9. four 10. color and seeds 11. young 12. French, Jewish split-top, three-way braid, twist 13. boat 14. cool 15. Two 16. air holes

POST-TEST HARD ROLLS AND BREADS

Fill in the Blanks

1. Another name for hard breads and rolls is _____ _____ _____.
2. Ovens in the early 1900s were made of _____.
3. A _____ oven holds baked products for 10 days fresh.
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